

KEEP NELSON BEAUTIFUL: REDUCE

The most important of the 3 R's is reduce. During the lifetime of an average American they will create 90,000 pounds of trash. We do not want future generations to remember us for the garbage we left behind. 70% of what goes into our landfills can be reused or recycled, but these activities alone will not stop the accumulation of garbage. We must reduce.

Here are some suggestions for ways to reduce trash. For more detailed instructions, visit <http://www.reduce.org>

Reduce Junk Mail

5.5 million tons of junk mail are created each year. 4.3 million tons end up in the trash. An easy phone call, letter, or email can significantly reduce the bulk of your junk mail. What does get through can be recycled as mixed paper.

Cancel unwanted catalogs – call the toll free number listed on the catalog

- * The average household receives 142 catalogs a year.
- * Register with Mail Preferences Service
- * This trade association for companies that do national direct mail marketing will put your name on a “do not send” list. It will not stop local mailings or letters from charities and non-profit organizations.
- * Mail a request letter to:

Mail Preference Service
Direct Marketing Assoc.
P.O. Box 643
Carmel, NY 10512
<http://www.dmaconsumers.org>

- * Return self-addressed envelopes that come with junk mail; enclose a request
- * asking to be removed from the mailing list.
- * Purchase products that are reusable, returnable or refillable
- * Cleaning and laundry products can be purchased with refillable containers

- * Choose rechargeable batteries when possible
- * Store food in reusable containers rather than wrap in foil or plastic
- * Make your own cleaning products:
 - * <http://www.organizedhome.com>
 - * <http://www.ces.ncsu.edu/depts/fcs/housing/pubs/fcs3682r.html>

- * Buy bulk, concentrates, or items with little packaging
- * It is estimated that packaging accounts for 30% of municipal waste.
- * For example; a small container of juice concentrate has less packaging,

- * and less waste than a container of ready mixed juice
- * Use washable linens and sponges for kitchen chores
- * Hide the roll of paper towels. They are overused and under utilized.
- * A sponge works just as well and it can be sanitized in the microwave.

Compost Organics

The US Department of Agriculture estimates that more than 25% of our food resources are wasted.

- * Plan meals so there is little waste and use leftovers
- * Don't over buy perishable goods or they will spoil
- * Share excess canned goods or non-perishables with charitable organizations
- * Compost garbage

<http://www.mastercomposter.com>

<http://www.compostinfo.com>

<http://www.simplygardenfurniture.co.uk/Article/the-composting-resource>